

People Directorate

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Positive Steps

Dear Parents/Guardians,

Next week the P7s will begin their block of work on Positive Steps. Below are the experiences and outcomes which will be covered during this block of learning along with the expected benchmarks which learners will aim to know and understand.

Learning within Positive Steps is delivered in a sensitive manner and so boys and girls will be separated with Mrs Lockie working with the girls and Mr Kerr working with the boys.

If you do not wish your child to be take part in this block of learning, please contact myself by Monday 14th May to discuss this.

Many thanks,

Mrs L. Lockie

Es and Os	Benchmarks
I am developing my understanding of the human body and can use this knowledge to maintain and improve my wellbeing and health. HWB 0-15a / HWB 1-15a / HWB 2-15a I recognise that how my body changes can affect how I feel about myself and how I may behave. HWB 2-47a I can describe the physical and emotional changes during puberty, understand why they are taking place and the importance of personal hygiene. HWB 2-48a I know that all forms of abuse are wrong and I am developing the skills to keep myself safe and get help if I need it. HWB 2-49a I am able to describe how human life begins and how a baby is born. HWB 2-50a I can describe the role of a parent / carer and the skills, commitment and qualities the role requires. HWB 2-51a	<ul style="list-style-type: none">- Identifies positive things about own body image and appearance.- Identifies strategies to manage emotions, for example, relaxation techniques, speaking to someone, taking time out.- Uses correct terminology for all private body parts and reproductive organs, for example, breasts, clitoris.- Describes the physical and emotional changes during puberty including erections, wet dreams, pubic hair, masturbation, menstruation, hormones, mood swings.- Demonstrates an understanding of diversity in sexuality and gender identity.- Describes ways of keeping hygienic during puberty.- Identifies abusive and bullying behaviour, for example, on-line, face to face and knows where to go for help.- Explains own rights and responsibilities in relation to abuse.- Describes the concept of consent.- Describes human conception and birth, for example, sexual intercourse, egg and sperm, giving birth.- Gives reasons why contraception may be used, for example, to prevent pregnancy and infection.- Describes some symptoms of pregnancy.- Describes skills and qualities required to be a parent / carer, for example, commitment, love, patience, sense of humour.